

Knives

1. Store knives safely so you don't cut yourself accidentally
2. Clean knives after each use. gently scrub the knife, then wash it off with hot water. Dry with a clean cloth
3. Use knives for the purpose that they were intended. not a replacement for a screwdriver!
5. cut with a slicing action ie forwards and backwards,



Handling small equipment:

- 1) Do not apply too much pressure while handling these equipment as they can break easily.
- 2) Always wash and wipe well after each use personally. Do not put these in the wash up area as it can be misplaced or broken.
- 3) Keep in the correct and safe place of the kitchen for the others to use.

Large Equipment

Depending on the type of establishment the equipment may be similar size and type to domestic equipment or larger scale for mass catering. All pieces of equipment are used more than domestic kitchen ware so need to have the following qualities

- Hard wearing
- Easy to store
- Easy to clean
- Economical to use
- Suitable size for establishment

GENERAL SAFETY PRECAUTIONS

- 1) Equipment must be turned off before cleaning.
- 2) Use correct cleaning materials.
- 3) Any specific instructions should be observed.
- 4) After cleaning, washing & drying the equipment & parts thoroughly reassemble and check that it is ready for use.
- 5) Any attachments should be stored correctly.
- 6) Ensure there is no particle of food left in the equipment, or else it can contaminate other foods when the machine is next used.
- 7) In the event of equipment not working satisfactorily, do not ignore it; report the fault

GRILLS/ SALAMANDERS

- Ensure the tray beneath the bars is clean.
- Switch off electrical supply and clean the bars thoroughly, as well as the top.
 - Do not clean when hot.



Sous vide



- Check the level of water is above the heater coils.
- Clean water so no bacterial growth
- Do not overheat the water.
- Lift up coils and take out containers & wash thoroughly.

MIXERS

- Ensure the parts underneath the arm are cleaned
- Switch off electrical supply and clean the blade/whisk thoroughly, as well as the top.
 - Do not clean when moving



OVENS/HOBS

- Avoid spills and water, it can lead to a short circuit. To clean switch off electric supply.
- Do not use more water than necessary.
- Clean thoroughly and remove parts that can be cleaned separately & fit them correctly.
- Dry thoroughly when cleaned.



BAIN MARIE:

- Ensure there is water at all times when the Bain Marie is on.
- Do not let the water boil vigorously.
 - drain off the water, clean thoroughly with hot water & detergent
 - rinse & dry. Refill with clean water.



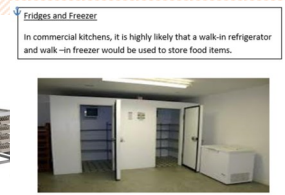
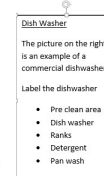
Blenders and Food Processors

Label the three pictures below.

Hand Blender

Liquidiser

Food Processor



Specialist equipment



FRYERS

- Check the level of oil is above the heater coils.
- Avoid spilling any water in the oil.
- Do not overheat the oil.
- When cool, drain off the oil into a container
- Lift up coils and take out containers & wash thoroughly.
- Rinse & dry well. add clean oil.



OVENS/HOBS

- Avoid spills and water, it can lead to a short circuit. To clean switch off electric supply.
- Do not use more water than necessary.
- Clean thoroughly and remove parts that can be cleaned separately & fit them correctly.
- Dry thoroughly when cleaned.



Sources of food poisoning bacteria

Week 2

- People/sewage
- Raw food
- Insects
- Rodents
- Soil/dust
- Refuse/waste
- Animals/birds
- Contaminated packaging.



What do bacteria need to multiply?

moisture

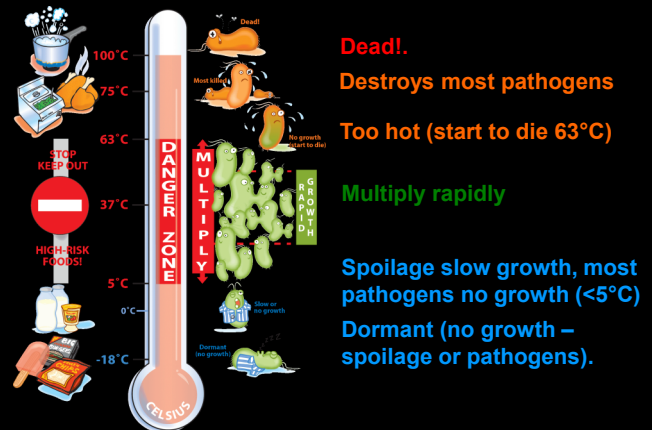
Warmth

Time

Food



Influence of temperature



Food poisoning

- Mouth** increase in saliva
- Head** headache
- Skin** fever, shivering
- Gut** abdominal pain, nausea vomiting, diarrhoea
- Circulation**, low blood pressure, weak pulse, fatigue



Staphylococcus aureus

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Foods it is found in | Foods made by hand and no additional cooking . Salads, ham,tuna chicken, cream pastries, sandwiches, dairy products, meat, eggs |
| Symptoms | Projectile vomiting, diarrhoea, abdominal cramps, fever |
| Onset | 1-6 hours |
| Duration | 24-48 hours |
| Effects on body | Dehydration, cramps |
| Special points | 25% of people have it on their body, nose, throat and on infected cuts |

Listeria monocytogenes

| | |
|----------------------|----------------------------------------------------------------------------------------------|
| Foods it is found in | Raw foods, fridge temperatures, unpasteurised milk, cheese, smoked salmon, pate, raw sprouts |
| Symptoms | Headache, stiff muscles, confusion, fever, convulsions |
| Onset | 3-70 days (21 typical) |
| Duration | 3 weeks |
| Effects on body | Damage to central nervous system, miscarriage, meningitis |
| Special points | Grows at fridge temperatures |

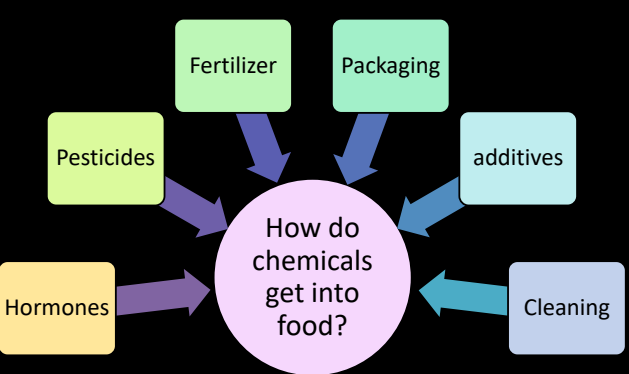
Escherichia coli 0157

| | |
|----------------------|------------------------------------------------------------------------|
| Foods it is found in | beef,chicken, lamb, unpasteurised milk cheese, spinach, salads,raw veg |
| Symptoms | Abdominal cramps, bloody diarrhoea, nausea |
| Onset | Up to 24 hours |
| Duration | 5-10 days |
| Effects on body | Kidney damage, pancreas damage, dehydration |
| Special points | Clings to lower intestine wall |

Salmonella group of over 1600 species

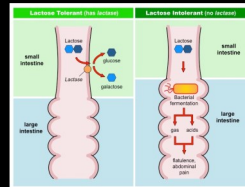
| | |
|----------------------|---------------------------------------------------------------|
| Foods it is found in | Raw meat, unwashed vegetables, eggs undercooked chicken |
| Symptoms | Fever, diarrhoea, vomiting, abdominal pain, blood in poo |
| Onset | 12-72 hours |
| Duration | 4-7 days can be up to 3 weeks |
| Effects on body | Can take months to clear the body, weakness colonises the gut |
| Special points | Survives refrigeration Some named after locations |

Chemicals



Reasons for food intolerance

- some people react to certain foods and eating them may cause uncomfortable symptoms or, in rare cases, a severe illness.
- Food intolerance is more common in children than in adults. Children often grow out of the intolerance before they go to school.



Lactose intolerance



- Avoid milk and milk products
- Experience nausea, bloating, pain in the abdomen and diarrhoea
- Eat lactose-reduced products
- Eat goats cheese, soya milk, feta cheese, rice milk
- In the UK, Ireland, 5% of the population is affected,

Coeliac/gluten intolerance

- Intolerant to the protein gluten
- Causes diarrhoea, anaemia, weight loss
- Gluten is found in many cereals plants primarily wheat, rye, barley and some oats
- Avoid pasta, bread, cereals flour based foods
- Gluten free products are available



Week 3

Symptoms comparison

| Intolerance | Allergy | Poisoning |
|-----------------------------------------------|----------------------------------------------|----------------------------------------------------|
| Hours to days to see effect | Can occur within minutes of exposure to food | From 30 min for toxins 12-48 hours bacterial |
| Digestive system cant process the food | Immune response to allergen | Bacteria poison or disrupt digestive system |
| Possible to eat a small amount without effect | Body reacts to tiny amounts of food | Toxins- few bacteria Large amounts colonise gut |
| Stop eating the food and it goes away | May need adrenaline or anti histamines | Runs its course of illness then ends |
| Easier to detect the food | Allergens may be small amount in ingredients | No smell, no taste, no sign |
| Symptoms if you eat a lot or frequently | Symptoms every time even tiny amounts | Symptoms if the food is contaminated |
| Moderate to serious illness | Can be fatal | Serious illness to fatal |

Information that must appear by law on food labels:

- the name of the food;
- weight or volume;
- ingredient list;
- allergen information;
- genetically modified (GM) ingredients;
- date mark and storage conditions;
- preparation instructions;
- name and address of manufacturer, packer or seller;
- place of origin;
- lot (or batch) mark;
- nutrition information

| Nutrition | | | | |
|--------------------|------------------------------------|--------------------|-------|--------------------------|
| Typical values | 100g each slice typically contains | 40g slice contains | % RI* | RI* for an average adult |
| Energy | 985kJ | 435kJ | 5% | 8400kJ |
| | 235kcal | 105kcal | 2% | 2000kcal |
| Fat | 1.5g | 0.7g | 1% | 70g |
| of which saturates | 0.7g | 0.3g | 1% | 20g |
| Carbohydrate | 45.5g | 20.0g | 2% | 90g |
| of which sugars | 3.8g | 1.7g | 2% | 90g |
| Fibre | 2.8g | 1.2g | | |
| Protein | 7.7g | 3.4g | 7% | 6g |
| Salt | 1.5g | 0.6g | | |

This pack contains 16 servings.
*Reference intake of an average adult (8400kJ / 2000kcal)

Food allergies

- A food allergy is one particular type of food intolerance that involves the body's immune system. only true allergies involve the immune system.
- In the UK, the most common food allergies are to eggs, milk, fish, peanuts and tree nuts (such as walnuts, Brazil nuts and almonds). * In the UK, kiwi fruit allergy among children is becoming more common.*
- There are up to 10 recognised deaths from food allergies in the UK every year. *

Symptoms of food allergies

A food allergy usually occurs between a few minutes and a few hours after eating a particular food.

The symptoms of food allergies vary

- coughing;
- dry, itchy throat and tongue;
- nausea and feeling bloated;
- wheezing and shortness of breath;
- swelling of the lips and throat;
- runny or blocked nose;
- sore, red and itchy eyes.



Anaphylaxis

- Anaphylaxis is most commonly caused by food allergies, but can also be caused by other things, such as insect bites and drug allergies.
- Peanuts, milk, eggs and fish are the most common foods to cause anaphylaxis in the UK.

- *Feeling lightheaded or faint.*
- *fast, shallow breathing, wheezing*
- *a fast heartbeat*
- *clammy skin*
- *Confusion and anxiety*
- *collapsing or losing consciousness*



What is an Environmental Health Officer?

EHOs are personnel qualified in Environmental Health laws, enforcement and inspection methods. They have a 3 year degree in Environmental Health

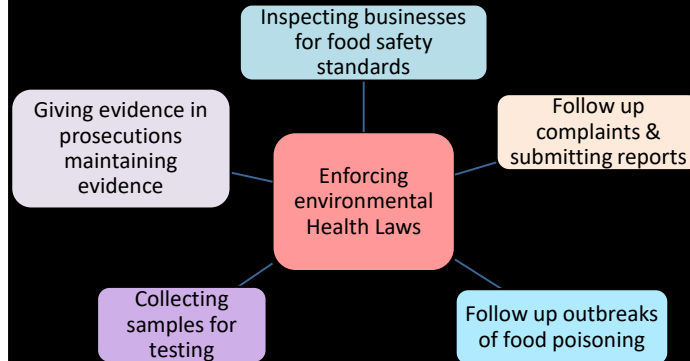
Many organisations employ EHOs including

- Local councils
- Private companies
- NHS
- Military
- Food Standards agency



EHO roles in the Hospitality and Catering industry

Week 4



The 3 main areas EHOs inspect are

Food premises



Food handlers



Food hygiene practices



Legislation enforced by EHOs

The Food Safety Act.

Food safety from the manufacturer or producer to the point of sale. Might involve different companies or premises e.g. suppliers, manufacturers or kitchens, shops or restaurants.

The Food Safety Act (General Food Hygiene) Regulations.

Ensures food producers **HANDLE** all food hygienically.

Legislation enforced by EHOs

The Food Safety Act (Temperature Control) Regulations.

Temperatures at which to store or hold food.

- Freezers from -18°C to -24°C
- Chillers from 3°C to 8°C
- Fridges from 1°C to 5°C
- Cooked core temperature at 75°C or above
- Hot holding above 63°C

The Food Composition Regulations.

Specifies what ingredients **CAN** or **CANNOT** be used in the manufacture of foods e.g. bread, breakfast cereals and use of additives

Documentation

The EHO has to make staff know and carry out food preparation safely and hygienically. How might they do this?

All food businesses must have a food safety management system
Includes safe working methods, critical control points and monitoring

The Food Standards Agency publishes a file which contains check lists and guides for food businesses. If the business completes all parts of it they comply with the law



Inspecting businesses for food safety standards

- Powers of entry at any reasonable time
- Inspect food and premises
- Power to seize and detain food
- Serve notices
- Power to close
- Prosecute



Training

Dependant on the type of business and risk involved.

- All food handlers must receive food hygiene training by law and the business must keep records of the training.
- EHOs check the records of training to make sure they are complete
- EHOs can also provide food Hygiene training to businesses either as part of their job or for a small fee

Levels 1 – 4 are available. Recommended it is updated every 3 years

Food Hygiene Rating Scheme

- EHOs issue a rating between 0 and 5 when conducting inspections
- Issued to restaurants, pubs, cafes, mobile catering etc
- Displaying them isn't a requirement yet

